

Annual Report Germany 2025

by Rita Crecelius, April 11, 2026

The first German facilitator training course was already planned in 2024, but it had to be cancelled due to a lack of participants. In 2025, I was finally able to conduct the qualification. I started the training with six participants (five women and one man) on February 7th, 2025, at the AEWB (Agency for Adult and Continuing Education) in Hannover. The trainees came from various care settings: daycare (two), child and adolescent psychotherapy (one), counseling for mothers who have experienced violence (one), adult education (one), and child and adolescent health services (one). On August 24, 2025, I had the honor to certify these individuals as the first German ICDP-facilitators. This marked a breakthrough for the development of ICDP in Germany. Currently (April 2026), the second cohort is underway, and the third cohort for 2027 is already in preparation. I owe this positive development to my cooperation partners nifbe (Lower Saxony Institute for Early Childhood Education and Development) and AEWB, who have been working to spread the program in the Lower Saxony daycare world since 2024 and have provided me with wonderful support.

In 2025, I again conducted several study days, seminars, and workshops, primarily in daycare centers. The goal was to introduce people to the ICDP strategy and generate interest in caregiver and facilitator trainings. Throughout the year, I held 10 study days and 7 workshops, informing approximately 300 participants about ICDP.

In January 2025, I reached about 120 people with my presentation at an annual kickoff event for Lebenshilfe Herzberg (a facility for people with special needs). However, the highlight of the year was on June 4th, 2025, when I did an online presentation for my partner organization, nifbe e.V. Approximately 500 participants joined live. The presentation is available on the nifbe e.V. YouTube channel and has since been accessed over 2,000 times.

<https://www.youtube.com/watch?v=9mAN24VYvmo>

In this presentation, I outlined the neurobiological connections that underlie the German ICDP House model. This focuses primarily on the self-awareness and self-regulation of caregivers, as well as the provision of co-regulatory connection with the child. My adaptation of the ICDP House's foundation was made with the kind permission of Nicoletta Armstrong. She also agreed to the inclusion of animal symbols in the German ICDP House, which simplify the bottom-up structure of the child's brain. The three Care Dialogues of ICDP are thus linked to the three essential neurobiological developmental steps of security, orientation, and self-regulation. This adds a neurobiological perspective to the bottom-up principle of the three well-known ICDP-Care Dialogues.

I have summarized this ICDP concept, along with its accompanying neurobiological aspects, under the heading "The Emotionally Healthy Daycare with ICDP." Following my presentation on June 4th, my cooperation partner, nifbe, asked me to write a booklet on this subject and publish it on the nifbe website. We began preparations in August 2025, and since February 2026, the booklet is available for order at cost price of €5 in the nifbe shop: <https://shop.nifbe.de/> It can also be downloaded as a free PDF file: <https://nifbe.de/die-emotional-gesunde-kita/>

Both, the online-lecture and the thematic booklet on the emotionally healthy daycare have significantly increased the attention for the ICDP strategy of promoting resilience through positive interaction.

During 2025, I also prepared a pilot project together with a large daycare provider in Essen (North Rhine-Westphalia). The provider wants to investigate whether the ICDP approach can contribute to the health promotion of early childhood educators. The aim is to use ICDP to address the very high workload of these professionals and safeguard their mental well-being. At the same time, ICDP could be helpful in better supporting the increasing number of children with challenging behaviors. It can be assumed that these children's behavioral issues point to underlying attachment deficits. In such cases, ICDP can be effectively used as a tool for crisis intervention and safeguarding children's rights.

The pilot project is being conducted as part of workplace health management and is being evaluated by a professor specializing in work capacity. This is the first evaluation of an ICDP caregivertraining in Germany. We expect the results of the pre-post-study in early May 2026.

Overall, 2025 has contributed to ICDP gaining a stronger foothold in Germany and to the growing enthusiasm for the ICDP founders' vision. The idea that children's development can be fostered by strengthening their caregivers is resonating with more and more people in Germany. A heartfelt thank you for the invaluable support of everyone who is well-disposed towards the project and who is creating opportunities to make the ICDP caregiving concept accessible to an ever-increasing number of caregivers and, as a result, a great number of children in Germany.